



# ARE YOU CARING FOR A LOVED ONE WITH MEMORY LOSS?

**Attend a 6-week virtual workshop for help!**

**Creating Confident Caregivers is a free workshop that can assist you with reducing caregiving stress**

## Learn how to:

- improve your confidence as a caregiver
- help you create a positive caregiving environment
- manage or redirect challenging behavior
- provide meaningful daily activities based on your loved one's interests and abilities
- learn to take better care of yourself



## CREATING CONFIDENT CAREGIVERS WORKSHOP VIA ZOOM

**Tuesday Afternoons**      **March 1 – April 5, 2022**      **5:30 pm – 7:30 pm**  
**TO REGISTER, CLICK HERE** or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)

**Monday Afternoons**      **April 4 – May 9, 2022**      **2:00 – 4:00pm**  
**TO REGISTER, CALL** (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)

**Tuesday Evenings**      **April 26 – June 7, 2022**      **5:00 pm – 7:00 pm**  
**TO REGISTER, CALL** (313) 446-4444 ext. 5288 or email [whitecr@daaa1a.org](mailto:whitecr@daaa1a.org)

**Thursday Mornings**      **May 5 – June 9, 2022**      **10:00 am – 12:00 pm**  
**TO REGISTER, CLICK HERE** or call (989) 358-4616 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)

**This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency**

